



WHATSheATE



Butternut Squash and Apple Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 2 tablespoons butter ()
- ☐ 4.3 pounds butternut squash peeled seeded cut into 1-inch cubes
- ☐ 8 servings chives fresh chopped
- ☐ 1 gala apple diced cored peeled
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 large onion chopped
- ☐ 8 servings cream light sour

☐ 4.3 cups vegetable stock ()

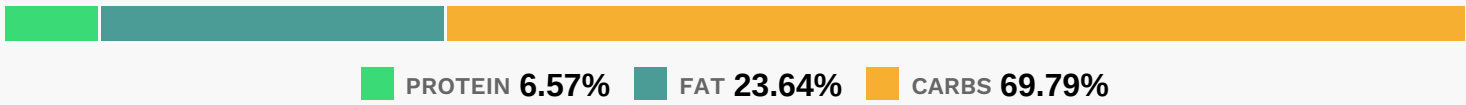
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in large pot over medium-high heat.
- ☐ Add onion and nutmeg; sauté until onion begins to brown, about 5 minutes.
- ☐ Add squash, 4 1/4 cups broth, apple, and apple juice. Bring to boil; reduce heat and simmer uncovered until squash and apple are tender, about 30 minutes. Working in batches, puree soup in blender until smooth. Return soup to pot. Season to taste with salt and pepper.
- ☐ Bring soup to simmer, thinning with more broth if desired. Ladle soup into bowls.
- ☐ Garnish with sour cream and chives.

Nutrition Facts



Properties

Glycemic Index:38.72, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:19.025652006916%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 199.83kcal (9.99%), Fat: 5.75g (8.85%), Saturated Fat: 3.49g (21.78%), Carbohydrates: 38.22g (12.74%), Net Carbohydrates: 32.45g (11.8%), Sugar: 11.12g (12.36%), Cholesterol: 15.93mg (5.31%), Sodium: 553.09mg (24.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin A: 26103.79IU (522.08%), Vitamin C: 53.98mg (65.43%), Potassium: 970.71mg (27.73%), Manganese: 0.54mg (26.89%), Vitamin E: 3.67mg (24.48%), Fiber: 5.77g (23.06%), Magnesium: 88.84mg (22.21%), Vitamin B6: 0.41mg (20.61%), Folate: 73.2µg (18.3%), Vitamin B1: 0.27mg (17.85%), Calcium: 158.41mg (15.84%), Vitamin B3: 2.97mg (14.86%), Phosphorus: 107.27mg (10.73%), Vitamin B5: 1.02mg (10.16%), Iron: 1.81mg (10.05%), Copper: 0.2mg (9.78%), Vitamin B2: 0.09mg (5.47%), Vitamin K: 5.72µg (5.45%), Zinc: 0.54mg (3.58%), Selenium: 2.1µg (3.01%), Vitamin B12: 0.11µg (1.78%)